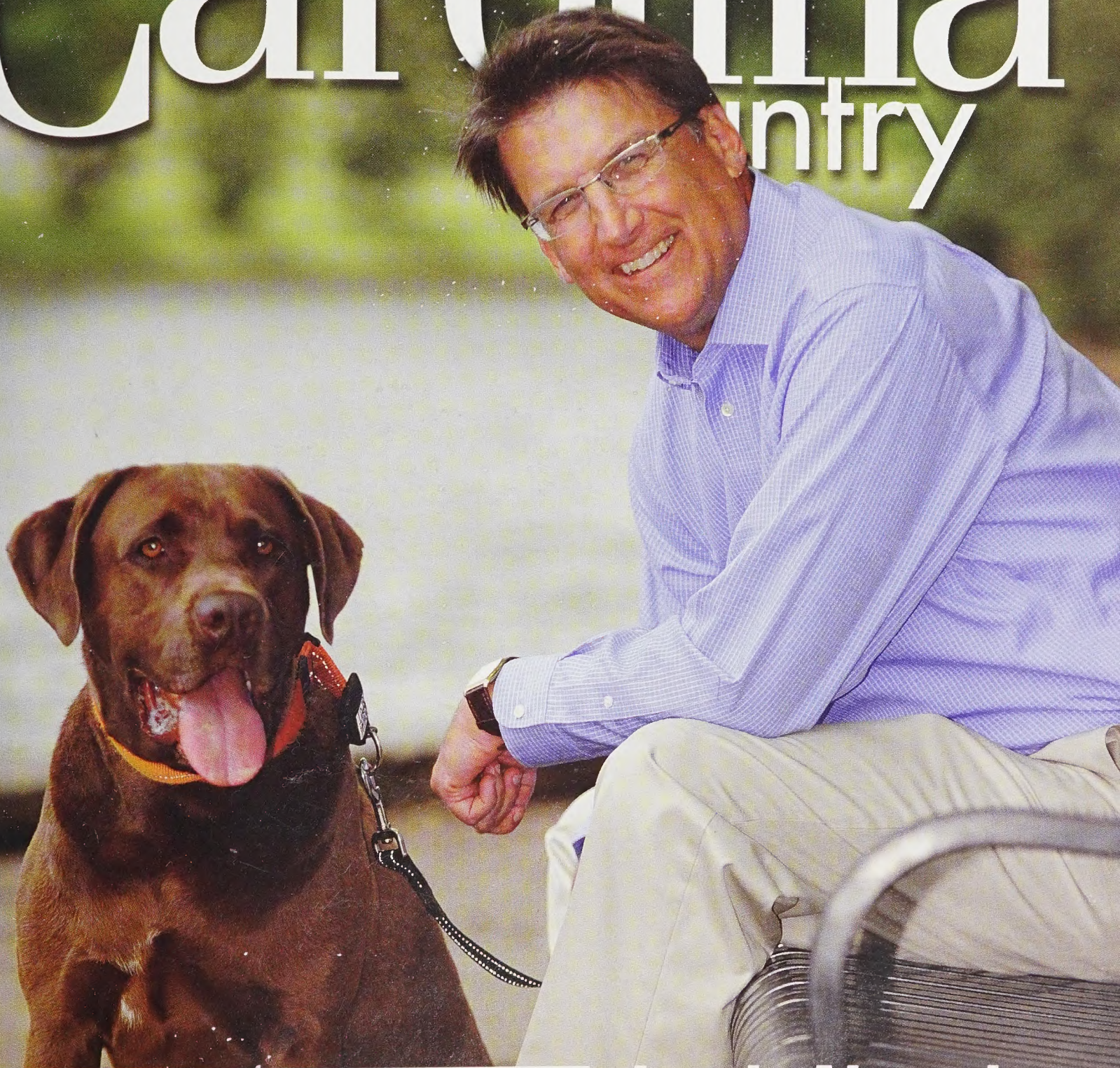


Carolina Country



Look Ahead

INSIDE:

The governor's vision
The Golden Rule
Learn and teach

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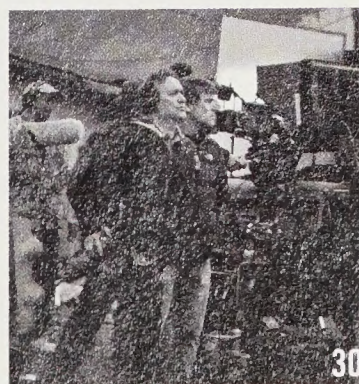
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Gov. Pat McCrory with Moe, the rescue dog that he and his wife, Ann, adopted. Learn about the governor's ideas for North Carolina on page 12. (Photo by Steve Lindenman)



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Carolina country

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Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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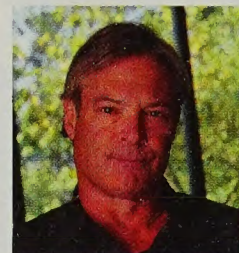
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Striking a balance



by Michael E.C. Gery

Articles and editorials in Carolina Country concerning energy and environmental issues recently have prompted some cooperative members to send us their own comments on these issues.

This came from Laura Cotterman of Hillsborough, a member of Piedmont EMC.

I favor the EPA's proposed greenhouse gas regulations for existing power plants and, in fact, would like us to aim for even greater emissions reductions. The expense will be significantly smaller than the costs of dealing with sea level rise, food insecurity due to drought and temperature extremes, and loss of life and property due to more frequent violent storms and fire.

This came from Ken Jobe of Beaufort, a member of Carteret-Craven Electric Cooperative.

Broadly speaking it seems the desire to keep energy costs low, which I understand is a key co-op objective, dilutes energetic support to transition away from carbon fuels ... The climate cost, which citizens are paying, is not expressed in the cost of carbon fuels. I have recently joined Citizens Climate Lobby to address climate change in a manner which I believe is pro-business for the economy as well as for North Carolina electric cooperatives.

This came from Dennis Humenik of Arapahoe, a member of Tideland EMC.

Lacking the possibility of buying coal-burning electricity from cleaner sources than Duke, co-ops should impress on Duke to run the best environmentally sound coal plant that is clean from the time coal is delivered, to the time ash is carried away ... Electric co-op members in our state will not mind adding a few dollars to their electric bill knowing that will give them cleaner air to breathe, cleaner water to drink and less toxic food to eat.


The state's electric cooperatives have long encouraged an open dialogue among members on issues affecting their cooperatives and communities. Discussion on

all generation resources and the environment has taken place and will continue in Carolina Country, co-op newsletters, community meetings, annual business meetings and elsewhere.

Members who follow the discussion know that North Carolina's cooperatives have a remarkably clean and diverse power supply portfolio. More than 70 percent of your co-op's power is generated by emissions-free nuclear, less carbon intensive natural gas and renewable energy facilities. Renewable energy sources are increasingly part of the mix. Electric cooperatives will continue to pursue next generation technology to improve the efficient use of electricity, provide for better and cleaner generation and upgrade the grid to deliver power without interruption to your homes and businesses. Electric cooperatives work hard to be your trusted energy advisor, to support your efforts to be energy-efficient and to conserve energy to lower your power bill.

While the cooperatives do not own coal-fueled power plants, coal is part of their fuel mix by way of purchased-power agreements with Duke Energy and other generators. Even so, coal comprises less than 15 percent, on average, of your co-op's power supply. Because of that, co-ops will be affected by the rising costs associated with coal-fired generation, and they are at the table where discussion takes place. To address all these needs, it is certain that we all will pay more for electricity.

Cooperatives are made up of many different kinds of people, and the job of a co-op's board and staff is to serve all of them equally. It's just a fact that many co-op members struggle to meet their expenses on a regular basis. A co-op's purpose is to balance all of these interests to help all members, regardless of their economic circumstances.

Overall, your cooperative strives to control costs for members while supporting communities and protecting the natural environment. Achieving this balance has long been part of your cooperative's mission. 



Brasstown winter

This is a scene on Settawig Road in Brasstown, Clay County. I am a nature photography hobbyist who enjoys the mountains and all the creatures who inhabit them. You can visit my website: naturephotosbyjudy.com

*Judy Grove, Brasstown
Blue Ridge Mountain EMC*

Mom's legacy

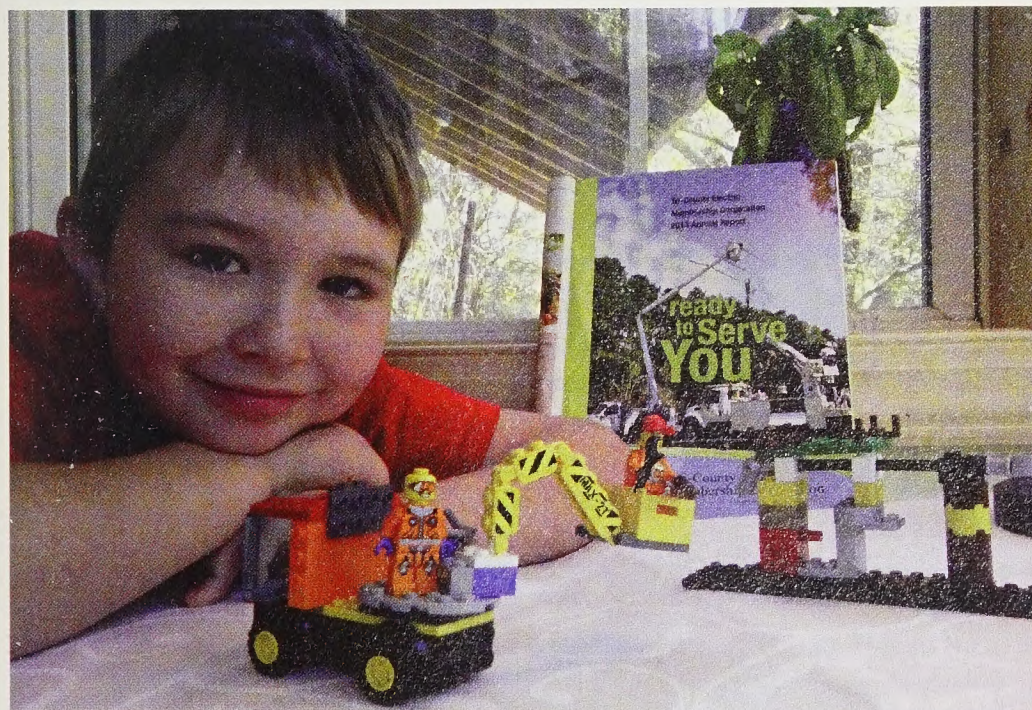
My mother loved crafts and made something out of anything she could find. After retirement she devoted her time and skills into making crafts. Later on, as her arthritis set in more and more, she made yarn potholders. The word got around that she made potholders, and people started bringing her yarn.

Mom eventually went into a nursing center but continued making her potholders. I worked in another state at the time, and just about everyone in my office had one of her potholders.

Each visit, she would give me a bagful to take back to all my coworkers and for myself. When Mom passed away, everyone who came to give condolences told us they had at least one of her potholders, which in a time of sorrow put a smile on our faces.

When going through her belongings, the main items that were sorted first were all the leftover potholders. My brothers and I took as many as we wanted, each one meaning more than what we remembered.

Georgia Gibson, Hurdle Mills, Piedmont EMC



Tending power lines in Legoland

Sometimes limbs fall in Lego towns, too. Nathan Griffin, 2nd grade, built a bucket truck and power lines with Legos. He always enjoys when the real Tri-County EMC crew comes out to trim our trees or restore power after a storm.

Nathan really enjoyed the article about how to react if a power line falls on your car ["More Power to You," November 2014] and shared the information at his 4-H meeting.

Valerie Griffin, Seven Springs, Tri-County EMC



More than the pictures

My grandson Easton enjoying the latest issue of Carolina Country.

Gail Austin, Four Oaks, South River EMC

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The Golden Rule at the Moncure post office

by Judy Hogan



Susan Cotten lifts my spirits every time there's a moment to chat in our busy Moncure post office. Moncure, a village in largely rural southeast Chatham County, is served by Central Electric Membership Corporation. We're very diverse here: old-timers, newcomers, African-Americans, Hispanics, rich, poor, old, young, factory workers, artists, farmers.


Susan greets us all as if we were the most important people in her world. She says it's like having us come into her living room. She teases those she knows well and likes to get us laughing—sometimes at ourselves. She's comfortable to be around, and she'll ask, "What will you be doing today?"

We customers end up talking to each other, or with Susan, or outside on the porch of the post office. Susan told me that she doesn't judge people by skin color, clothes or lifestyle. She pays attention to how they act. She treats us well because it's how she wants to be treated. If an elderly person needs help filling out a money order, she does it gladly. She doesn't want anyone to feel that it's an imposition to ask for help. "I'll be old one day. I'm already as 'old as dirt,' my son says, and 'older than sand.'"

When I have a new book published, she celebrates with me. One woman comes in to show what she got for her granddaughter's birthday. The toddlers who come in with their mothers know about the dish of lollipops Susan keeps for them. Whether you're buying one stamp or mailing a whole raft of boxes, Susan is glad to see you. She's a font of

information about things local, which houses are for rent, which businesses are going to fold, and which new businesses are coming to the area.

Susan moved to Moncure when she was 4 and met her husband, David, in the eighth grade at Moncure School, and except for three years, they have lived here ever since. She says she doesn't give advice. "I can barely live my own life." Her philosophy is: "Do what you think is right, or it will come back and bite you in the butt. Treat people well, as individuals."

I find Susan rare in her openness to other people, her sense of humor and fair play, her living out, quite simply, the Golden Rule we all sometimes have trouble doing. 

Judy Hogan is a poet, mystery novelist and freelance writer. She lives and farms in Moncure, near Jordan Lake, and is a member of Central EMC.

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A teachable moment in Union County: trees, safety and electric power

While picking strawberries at Wise Acres Organic Farm near Indian Trail last summer, Wil Ortiz noticed extensive tree damage on two large oaks. As manager of vegetation management for Union Power Cooperative, Ortiz knew the tree damage could bring down some of the larger branches at any time. Concerned for the safety of owners Bobb and Cathy Thorstenson and their guests, Ortiz advised them to have something done as soon as possible.

In a high wind, Ortiz knew, the suspect limbs could have blown into one of the co-op's nearby power lines that supplies electricity to Poplin Elementary School adjacent to the Thorstenson's farm, among other places. Ortiz told the Thorstensons that Union Power could help.

The co-op's policy is to cut down such hazard trees, and if they are located in a member's yard, to remove them. But after hearing the owners' concern about losing the two trees, Union Power topped them off, keeping the large trunk sections for stretching a mesh recreational climbing area between them. The owners purchased diagonal tarps to replace the shade the trees had cast, and the co-op offered to plant two new trees on the property.

Ortiz saw an opportunity for Poplin Elementary students to participate in an Arbor Day event, an occasion the co-op tries to do in its service area in the spring or fall. They scheduled one for Oct. 9, the beginning of tree-planting season.

Ortiz talked with the students about tree care and electrical safety as it relates to trees. He explained why the older trees on the property had been cut, and he answered the children's questions. In groups, the students then helped plant the trees. Ortiz said later, "It was a pleasure to partner for the celebration of Arbor Day and to assist this member by providing



Union Power Cooperative's Wil Ortiz (right) organized a tree-planting lesson at a Union County elementary school.

trees through our unique tree replacement program."

For more information about Wise Acres Farm, visit wiseacresorganic.com.

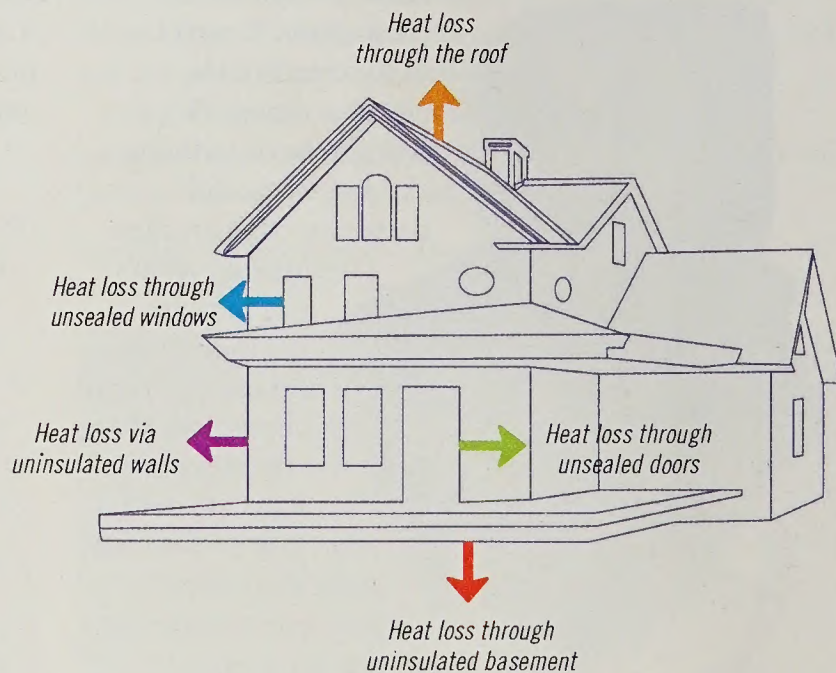
For more information about the co-op's Tree Replacement Program and right-of-way approved vegetation, visit union-power.com and check out the Right-of-Way Tree Replacement Program page.

Union Power has been named a Tree Line USA utility by the Arbor Day Foundation for nine consecutive years for its commitment to proper tree pruning, planting and care in its five-county service area. The co-op also trains employees in quality tree care practices, educates the public about planting trees for energy conservation and helps homeowners plant appropriate trees near utility lines.

Calculate your home's energy efficiency

How do you know whether or not your home is energy efficient? Bret Curry, residential energy manager for Arkansas Electric Cooperative Corporation, came up with this method, based on your average monthly energy use.

1. Multiply the square footage of your home by 10 cents. (A 1,500 square-foot home multiplied by 10 cents (\$0.10) equals \$150.)
2. Total your electric bills for a one-year period. If you heat with natural gas or propane, add those bills to the total.
3. Divide the total by 12 to establish the monthly average.
4. If your monthly average exceeds the square-footage multiplied by 10 cents calculation, you probably should make some energy efficiency improvements.



Bret Curry says to keep in mind this principle: heat moves to cool.

Try This!

Follow the Four C's to a healthy home



Change air filters at least every three months or more frequently if you have pets, burn candles often or are doing home improvement projects.

The fan should hold the tissue in place. Fans not working properly are ineffective at controlling smoke and humidity, and allow fumes, moisture and pollutants to circulate and settle throughout the home.

Flue pipes

Inspect flue pipes — also known as stove pipes, smoke pipes and chimney connectors — on a quarterly basis for cracks or holes. Cracks in the pipes allow fumes and gases like carbon monoxide to enter the home, rather than be funneled outdoors. If the pipes are cracked or corroded, call a professional to inspect them and possibly replace the pipes, as it may be a sign of a larger problem.

Change

Air filters

Use allergen reduction filters to help clean indoor air by removing airborne particles, such as mold spores, dust mite debris, bacteria and viruses from the air passing through the filter. Remember to change it at least every three months or more frequently if you have pets, burn candles often or are doing home improvement projects. Poor indoor air quality in the home can cause headaches, dry eyes, nasal congestion, nausea and fatigue.

Batteries

Test your carbon monoxide and smoke detectors monthly, and change the batteries at least twice a year. Don't wait until the detectors are chirping, as that sound usually means the batteries are about to die and your family will no longer be protected. Remember, you can sometimes see smoke but you can't see or smell carbon monoxide.

Control

Moisture

Inspect your home using a moisture meter to locate hidden areas containing moisture that you can't see with the naked eye. Mold thrives where moisture is present and can cause hay fever-type symptoms, such as sneezing, runny nose, red eyes and skin rashes.

Unwanted guests

Install weatherstripping around doors to seal gaps and repair or replace damaged window frames to protect the home from rodents and insects. Rodents and cockroaches, for example, may trigger allergy symptoms and even asthma attacks in those who are sensitive to them, according to the Centers for Disease Control and Prevention. The bonus from weatherstripping is, improved energy efficiency.

Clean

Roof gutters

Regularly check gutters for leaves, pests and other excess debris and clean them out using a rake and hose at least twice a year. (Be careful not to push water underneath your shingles.) Neglected gutters may not drain properly and pose a risk of detaching and leaking water into the home. Also, the leaks provide breeding grounds for mold to grow in areas like ceilings and basements.

Garage and basement clutter

Remove trash and clutter. It can be a breeding ground for pests and parasites that carry bacteria and viruses into the home.

For more tips, visit Filtrete.com.

—FamilyFeatures.com

Every household has its honey-do list, but rather than setting lofty goals that make it easy to procrastinate, the key is to be realistic. Start with projects that will have an immediate effect on creating a safer and healthier home. This will keep your list manageable and more motivating.

The Four C's

Mike Holmes, a contractor on HGTV and healthy home expert, recommends following the "Four C's" for a healthier honey-do list:

Check

Exhaust fans

Bathroom and kitchen exhaust fans play an important role in reducing home moisture. Conduct a simple test by turning on the exhaust fan and placing a tissue up to the vent to check the strength of your vent fans.

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

STEALING ELECTRICITY

Another way to get electrocuted or land in jail

You may have heard about someone who has tried to rig an electric meter to divert electricity to some other location. That person committed a crime. And whoever uses stolen electricity also commits a crime. If prosecuted, the crime can carry stiff fines and jail time.

North Carolina's electric cooperatives track down people who deliberately tamper with electric meters to steal electricity. Co-ops encounter cases in which consumers interfere with the operation of a meter or jump power to elsewhere to lower or avoid paying electric bills. Other cases involve attempts to reconnect to the electricity distribution system after a co-op performs a disconnection for some reason.

Meter tampering is not only a crime, it is also extremely dangerous

"We've seen people do some dangerous things — using knives, forks, magnets, jumper cables, and any number of other objects to get around paying for the power they use," said Tommy C. Greer, director of Job Training and Safety at the North Carolina Association of Electric Cooperatives. "Not only are these persons stealing from their fellow co-op members, they're also risking their lives and those of our workers."

You can help

Everyone pays for lost power. Contact your cooperative if you suspect meter tampering in your community. All information can be given anonymously.

According to the Cooperative Research Network, a division of the National Rural Electric Cooperative Association, power surging through a compromised meter can cause an electrical catastrophe. A short circuit could produce an arc flash bright enough to cause blindness and powerful enough to launch fragments of red-hot debris like shrapnel. Meter

tampering often causes serious

injury or death from electrocution, explosion or fire.

Only trained electric cooperative personnel wearing personal protective equipment should work on meters, Greer said. "Anytime you get into a meter base, you run a risk. With an arc flash, somebody could get killed or seriously maimed."

Electricity theft is not a victimless crime. Your not-for-profit co-op loses revenue and spends time and money to investigate tampering. These costs are then passed on to the entire membership. National estimates vary, but Power System Engineering of Wisconsin reports some \$6 billion worth of electricity is stolen from utilities annually.

Quicker alerts

"It has been a problem for a number of years," said Dirk Burleson, vice president of member and corporate services for Rutherford EMC, the Touchstone Energy cooperative serving more than 67,000 member-accounts in 10 western North Carolina counties. "But since we installed the AMI system we discover it more often. The AMI system [advanced metering infrastructure] sends an alert anytime an account has an unexpected usage on which further investigation is required. Upon further investigation, if we find that meter tampering has occurred, then we immediately disconnect the account, require the individual to come into the office, and that individual is required to pay their balance down to zero. For the first offense, they are charged a \$250 meter tampering fee and the second offense brings a \$500 meter tampering fee. They also pay an additional security deposit. Based upon the circumstances, Rutherford EMC may prosecute the individual."

Meter tampering is illegal in North Carolina

North Carolina law specifically prohibits altering, tampering with and bypassing electric meters. Persons found guilty are liable for triple the amount of losses and damages to the utility, or \$500, whichever is greater.


Anyone who uses power from an altered meter violates the same law. Both the person in whose name the meter is installed, and the persons using the electricity, may be liable.

It's also illegal for an unauthorized person to reconnect a meter after the utility has disconnected it.

It's also illegal to alter or remove a load management device that your utility has installed, unless you've asked the utility in writing to remove it and the utility has not removed it within two working days.

This law also applies to gas and water meters.

These activities do not apply to licensed contractors performing their usual services within recognized standards.

It's all in North Carolina General Statutes, Chapter 14, Subchapter VI, Article 22, Section 114-151.1. 



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They call walking the “perfect exercise.” It gets your heart pumping, clears your head and fills your lungs with fresh air. Not bad, but we found a way to make it even better. Before you take your next 10,000 steps, add a little strut to your stroll. Take the *Stauer Gentleman's Walking Stick* anywhere and I promise that you'll feel like a conquering hero. Heads will turn. Doors will open. Its powers will astound you.

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Sticks that make a statement. For centuries, no respectable man was seen in public without a walking stick by his side. They were as indispensable as a fine tailored suit or fancy moustache. Well-heeled men “wore” them as symbols of power and prestige, using elaborately decorated staffs to help navigate trails, dispatch opponents or conceal gadgets and contraband. Simply put, they were the must-have accessory for any sharp-dressed man on the move.

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Your satisfaction is 100% guaranteed. Try the *Stauer Gentleman's Walking Stick* risk-free for two months. If you're not convinced that it adds sophistication to your stride, simply send it back within 60 days for a complete refund of your purchase price. But we're betting that after your first step with this stick, you'll never walk alone again!

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Image not actual size.

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The governor announcing his NC Works job development plan at the Caterpillar plant in Sanford last April.

The Governor's Vision

Gov. Pat McCrory on rural development, education, communication, energy and electric cooperatives

In January, Pat McCrory marks his second anniversary as North Carolina's governor. He met with Carolina Country recently to discuss his administration's achievements and address some issues that concern the state's electric cooperatives.

Born Oct. 17, 1956, in Columbus, Ohio, Patrick Lloyd McCrory came to North Carolina at age 9 when his father, an engineer, took a job in manufacturing. "In the fifth grade," he said, "I learned to say 'Yes, ma'am,' and I've been saying it ever since." He graduated from high school in Jamestown, Guilford County, then earned a teaching degree from Catawba College. He worked in recruiting and managerial positions with Duke Power in Charlotte until leaving in 2007 to run for governor. "My first year at Duke I climbed poles, dug ditches, read meters, crawled under houses to check insulation."

A Republican, Gov. McCrory served on the Charlotte City Council (1989–1995) and as mayor (1995–2009) before the 2008 gubernatorial race that he lost to Bev Perdue. He returned to the private sector, then ran successfully for governor in 2012.

—Michael E.C. Gery

Economic Development for Rural North Carolina

I believe in long-term impact, not short-term fixes. That's why we are concentrating on a 25-year infrastructure plan, not a one-year plan. My goal is to make a difference for the next generation.

Our vision for helping rural areas is through connectivity. The more connectivity we can provide in all areas of the state, the more competitive we will be with other states to attract, retain and grow industry. We have to connect our rural areas with economic engines not only in our state but across our borders into Virginia, Tennessee and South Carolina.

Part of our 25-year plan involves transportation: rail, highways, ports, airports. If we can get the transportation to and from metro areas and economic regions, we can get spin-off industry and employment around those economic engines. The plan includes energy: making energy affordable in every part of the state that will make us more competitive. A third part is communication: access to Wi-Fi and other means of communication. We need to make sure we have Wi-Fi in every town and school, and not just in the front office but throughout the school. Another part is to help some of the urban areas. And there's travel and tourism, which hasn't been emphasized enough. Many of the rural areas and towns are great travel destinations, from Edenton to Sparta and in between. And many of them are in the electric co-op service areas.

Education and Training

I believe the most important role for our community college and university systems is to connect skilled labor with employment. We have a skills gap now where we literally have thousands of job openings but not enough qualified labor to fill those jobs. I am asking the community colleges to go back to their original purpose of meeting the commerce needs of the region, training people for the skills necessary to fill the jobs. I changed the funding formula for community colleges from one based on how many students they have to one based on how many of their students actually get jobs, especially in the surrounding communities.



Celebrating the GE Aviation jet engine plant grand opening in Asheville last October.

The average age of a farmer is 57 or 58. We need to get the younger generation interested in agriculture, because it's a great way to make a living and it's an important part of our economy. And we need the mechanics and technicians who can work with the 21st century equipment used on farms. Farmers tell me they have a tough time finding the mechanics.

I was recruitment manager at Duke Power in my mid-30s. I'd go to the community colleges to recruit and had a tough time finding people who could pass the entry level test of mechanical and electrical aptitude. We need to find that in the next generation. We've got to connect education with commerce.

It's great to see the co-ops active in their community colleges. The co-ops realize that their own survival is related to the skills needed to fill the jobs not only that they provide but also the industries that support the co-ops.

We have added a military component where we recruit men and women returning from service to help fill the skills gap, especially in rural areas. We're offering in-state tuition to returning vets who trained here but whose residency is listed as elsewhere ... We want returning vets to stay in North Carolina. Many of them already have technical, mechanical, medical and IT skills, so we believe in letting them bypass courses in which they already have the competency.

Communication and Internet Access

I've been to Washington on two occasions for the purpose of negotiating with the Federal Communications Commission. We think North Carolina can be the model for the rest of the nation on getting Wi-Fi and broadband to all parts of the state. We hope within the near future to present a plan in cooperation with the federal government.

State government must play a role in extending high-speed Internet everywhere, because the marketplace tends to concentrate only on regions that are economical, instead of in rural areas where it's hard to make a capital investment. The most important area is in education, because if our schools aren't connected we're not going to grow the rural areas.

Environmental Protection Agency Regulations and Energy

I admire the goals of the Obama administration for reducing carbon emissions, but I think the administration has overstepped its authority. The [recent] EPA regulations do not take into consideration what we in North Carolina have already done in wind, solar and other means of producing electricity. They also don't seem to recognize the impact that higher energy costs will have on jobs here. One of the first things industry looks for, including agriculture, is the cost of electricity and other utilities.

For many people and businesses, their electric bill is one of the largest expenses they have. The EPA regulations do not take into consideration the affordability of energy, especially for the middle class. We need an economic model that is affordable for both the consumer and the investor. The administration's new requirements will not only cost the industry, but will actually cost the consumer as well. I am going to work with the Congress on trying to reverse



Talking with victims of tornado damage last April in Beaufort County.

what I consider executive overreach by the Obama administration.

I support a diverse portfolio of energy—from coal to hydro to nuclear to wind to solar. I believe in an “all-of-the-above” policy. Giving subsidies to some industries ends up costing everyone.


All infrastructure, including utilities and transportation, requires planning 20 to 25 years ahead—to plan, design, raise capital and build new plants. We need to make energy policy more reasonable to help that happen.

Some good news is this new gas line coming in from West Virginia to the eastern part of the state. We think it will have a positive impact on energy prices, especially in eastern North Carolina.

Rural Communities and Small Towns

I believe a small town environment is the living room of rural areas. If I am recruiting new industry to those areas, I want to show off the living room, which is the main street, the business district. To have abandoned and vacant buildings makes it something I can't sell, because it indicates the region is unhealthy. I am upset with the legislature, even in my own party, for eliminating the historic preservation tax credit. We need to reinstate that to encourage investment in small town commercial areas, to bring retail and the marketplace back to the small town business districts.

An advantage that small towns and rural areas have is as affordable retirement communities. To make that work, we need to make sure there's a comfortable living room.

Our 25-year plan supports agriculture and manufacturing, which are keystones of our economy. They are not dead industries. In fact they can pull North Carolina out of this recession. We can't just talk about new tech and high tech. In fact, manufacturing is high tech. Growing those sectors will help the electric co-ops, too. The co-ops can't rely on residential usage alone. They need to have some industrial usage to help defray the cost to their residential customers ... We created a whole new rural economic development process that uses money more efficiently and effectively. It's one of the major objectives in our Commerce Department. 

Take a look at the McCrory Apple Pie recipe from the governor's mother on page 34.

To send an e-mail or a tweet to Gov. McCrory
governor.state.nc.us/contact/email-pat



From apples to zucchini and honey, too *Thank the hardworking* **BEEES**

By Leah Chester-Davis

Grilled Apples With Cheese and Honey

This recipe is good anytime, but it's particularly tasty when fall apples are still available and flavorful. And apples are certainly a crop we wouldn't have without bees. One of the best ways to enjoy fruit and honey is to keep it simple. This is a delicious dish that uses healthy ingredients and is big on flavor.

- 1 large apple, peeled and sliced into ½-inch-thick rounds (Honeycrisp and Gala are tasty in this recipe.)
- 2 teaspoons coconut oil (or olive oil)
- ⅔ cup Parmigiano-Reggiano cheese, shaved or shredded (or you can use sharp Cheddar, Bleu cheese or goat cheese)
- 2 tablespoons North Carolina pecans, chopped and toasted
- 5 teaspoons honey

Preheat grill pan, griddle or an iron skillet. Add the coconut oil and let it melt. Add the apple rounds. Grill about three minutes on each side, until tender. Remove from grill. Shave cheese into thin strips over the top of the apple slices. Sprinkle with nuts and drizzle with honey.

Serves 2

As we start 2015, it seems appropriate to borrow from the Jewish holiday Rosh Hashanah, which has a tradition that a drizzle of honey signifies hopes for a sweet new year. ☺

After many years with NC State University, Leah Chester-Davis opened her own communications business. She got her start as a 4-H'er giving small kitchen appliance demonstrations for her electric cooperative.

Beekeeping schools are abuzz from January through March throughout North Carolina. The bees are on a bit of hiatus getting ready for the spring honey flow, and beekeepers are getting their equipment ready or training new beekeepers.

North Carolina leads the way when it comes to its Master Beekeeper program, with nearly 3,000 beekeepers and 60 county beekeeping associations, making it the largest of its kind in the U.S. The classes and the local associations are valuable resources for both seasoned and beginning beekeepers. Experienced beekeepers serve as mentors, and beginners often have a chance to get hands-on experience in working with bees to determine if it's a hobby they want to pursue.

Beekeeping is fascinating. It is also beneficial. According to Bob Blackwelder, a beekeeper of 43 years and an instructor of beekeeping in Cabarrus, Rowan and Stanley counties, honeybees are efficient, hard workers. They certainly have a big impact on gardens and crops. We can thank honeybees for the wide variety of foods available to us. Without them, our food choices would be limited.

Among the many crops pollinated by

these hard workers in North Carolina are apples, blueberries, cucumbers, melons, peaches, squash, strawberries and watermelon. Other food crops we enjoy from other states include oranges, lemons, limes, broccoli, carrots, avocados and almonds. And there are many more.

In addition to the benefits they provide for food production and ornamental gardening efforts, bees produce a sweet product. Honey is one of the many rewards of beekeeping. Local honey is available at many farmers markets statewide. About \$15 million of honey is produced each year in North Carolina.

The color and flavor of honey differs depending on the bees' nectar source. According to the National Honey Board, there are more than 300 unique kinds of honey in the U.S. A fascinating fact about bees, explained Blackwelder, is that they are loyal to the flower. For example, if they are introduced to a patch of clover they will stick with it until the flower is gone, then they will switch to another flower.

Some of the honey varieties in North Carolina are sourwood, tulip poplar and clover.

Honey is a versatile food item that can be used in dips, spreads, marinades, sauces and salad dressings.

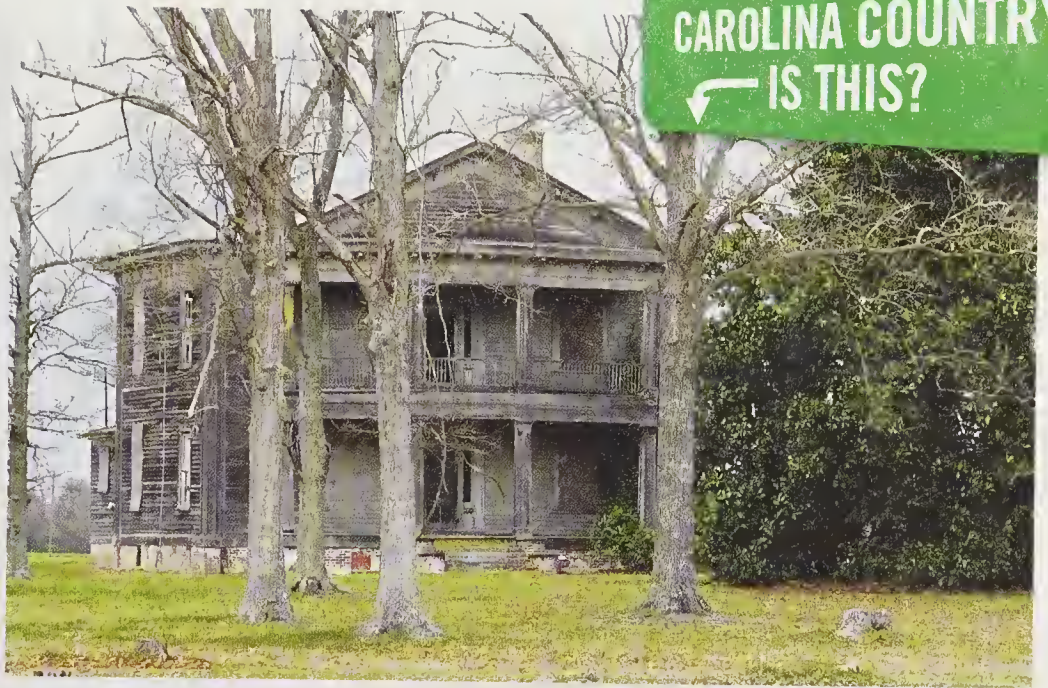
To learn more about beekeeping schools, visit ncbeekeepers.org.

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Jan. 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com
By e-mail: where@carolinacountry.com
Or by mail: Where in Carolina Country?
 P.O. Box 27306
 Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our February issue, will receive \$25. To see the answer before you get your February magazine, go to "Where Is This?" on our website carolinacountry.com.



**WHERE IN
CAROLINA COUNTRY
IS THIS?**



December winner

The December picture by Renee Gannon shows miniature buildings outside Dorothy Statton's place on Hwy. 701 in Garland, Sampson County. About 75 of you knew the answer. Many of you see it when you go to White Lake. The winning entry, chosen at random from all correct submissions, was from Elizabeth Stewart of Atkinson, a member of Four County EMC.

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Teachers can take real-world experiences into their classrooms

The Kenan Fellows Program places teachers in research, technology and industry settings

by Lindsey Listrom



From 30-feet up in a bucket truck, Jamie Mosley witnessed a view of her hometown that she'd never seen before. The rolling hills and farmhouses of rural Surry County stretched out below her. Under the brim of a hard hat and protected by thick rubber gloves, insulated sleeves and work boots, the 7th-grade science teacher was helping electric linemen string a power line to the top of a utility pole.

The Gentry Middle school teacher's stint as a lineworker was part of Mrs. Mosley's five-week internship at Surry-Yadkin EMC, the Dobson-based electric cooperative that selected her for a Kenan Fellowship last summer.

The Kenan Fellows Program pairs teachers with mentors in research and industry settings to gain insight into how STEM (science, technology, engineering and math) subjects can be relevant to students. Through a year of rigorous professional development and leadership training, educators selected to become Kenan Fellows use real-world experiences to help students see how their lessons apply in their world. Students also become informed about local job opportunities and careers in STEM-related fields.

"Kenan Fellows is a competitive program offered to teachers across North Carolina," said Dr. Elaine Franklin, executive director of the Kenan Fellows Program. "We're building a network

of more than 300 innovative educators who are enhancing their content knowledge, embracing new technology and more effectively helping students build career-ready skills."

The electric cooperative partnership


North Carolina's electric cooperatives are committed to supporting the communities they serve, which are located primarily in rural areas. Investing in innovative learning to foster economic development through the Kenan Fellows Program is one example of the cooperatives' commitment to community.

"Jamie incorporates collaboration into her teaching style," said Adam Martin, marketing and economic development coordinator of Surry-Yadkin EMC and Mosley's mentor during her fellowship. "We knew from the minute we met her she would be a great partner to help students better understand how electricity is distributed to members and share that message statewide."

Mosley spent her internship learning various aspects of the electric cooperative business, from line work, to collecting payments from members in the office, to touring a gas-fired power plant and even a nuclear power plant partially owned by the cooperatives.

"I never imagined what happens on the other side of the wall when you flip the light switch," Mosley said. "Because of my fellowship, my students are building a model of the generation, transmission, distribution and delivery of electricity. It makes learning come alive for them."

Another Kenan Fellow, Cicelia Aguilar of Warren County Middle School, spent last summer at Enfield-based Halifax EMC learning how the co-op builds and develops its energy infrastructure to meet the region's

demands. She also worked with the Lake Gaston Regional Chamber of Commerce to learn how tourism will impact the region in the future. Both Mosley and Aguilar are translating their experience into dynamic curricula that will prepare their students to contribute in their regions. 

Lindsey Listrom is a communications specialist with the North Carolina Association of Electric Cooperatives.

How to apply

According to data provided by the Kenan Fellows Program, North Carolina will have more than 470,000 job openings in STEM-related fields by 2020. Yet the U.S. Department of Labor predicts a shortage of STEM graduates. Now consider that 90 percent of students taught by Kenan Fellows said they are more interested in careers that use math and science. Imagine if every child were taught by a Kenan Fellow. How would that shape our children's future?

The Kenan Fellows Program is accepting applications through Monday, Jan. 19. Educators interested in applying for a fellowship and businesses interested in serving as mentors can learn more at KenanFellows.org.

See more pictures and a video of Jamie Moseley's experience with Surry-Yadkin EMC at carolinacountry.com.



Kenan Fellow Cicelia Aguilar (right) learns about the region's energy infrastructure with Brady Martin (left) of Halifax EMC and Christina Wells, Lake Gaston Chamber of Commerce.

'Pear-fection'

Diabetics and non-diabetics alike can enjoy this sweet, juicy fruit

For the more than 25 million Americans living with diabetes, food choices are critical to their health.

Chef Sam Talbot, who was diagnosed with type 1 diabetes when he was 12 years old, understands those challenges. Talbot earned national recognition as the runner-up in Season 2 of Bravo's TV show "Top Chef."

In his new book, "The Sweet Life: Diabetes without Boundaries," he shares how diabetes has affected — but has not compromised — his life, and offers 75 fresh, all-natural recipes for both diabetics and non-diabetics.

Doctors recommend that diabetics follow a healthy, well-balanced diet with plenty of fiber-rich fruits and vegetables and carbohydrates that rank lower on the glycemic index (see sidebar).

Glycemic index

The glycemic index (GI) rates carbohydrates on a scale of 1 to 100, based on how rapidly a food item raises blood sugar levels after eating. Foods that rank high on the glycemic index are digested rapidly, which produces marked fluctuations in blood sugar and insulin levels. Foods with a low glycemic index are digested slowly and raise blood sugar and insulin levels gradually.

One medium pear provides 24 percent of your day's fiber, and 10 percent of your day's vitamin C, and is 100 calories.

"Pears are one of my favorite fruits to use in recipes," says Talbot. "They are a low GI fruit, they're high in fiber, and the flavor of a ripe pear is just out of this world." He says that also are versatile.



Chef Sam Talbot likes pears for their versatility and sweet flavors.

Judging ripeness

Ripeness is the key to enjoying pears at their sweetest and juiciest. To see if a pear is ripe, press its neck, or stem end. If it yields to gentle pressure, it's ripe. If it feels firm, leave the pear at room temperature to ripen within a few days. (Don't refrigerate your pears unless you want to slow their ripening.)

The recipe here is excerpted from Talbot's book (published by Rodale). For more of his recipes, visit SamTalbot.com. For more pear recipes, visit usapears.org.

—FamilyFeatures.com

Yogurt with Pear and Coconut

- Juice of 1 lemon
- 1/3 cup unsweetened shredded coconut
- 2 tablespoons graham cracker crumbs
- 1/2 cup Grape-Nuts or granola cereal
- 1 tablespoon (or to taste) granulated stevia extract

- 1 teaspoon ground cinnamon
- 2 ripe pears, such as Anjou or Bosc, slightly firm to the touch
- 3 cups 2% plain Greek yogurt

In medium bowl, combine lemon juice, coconut, graham cracker crumbs, cereal, sweetener and cinnamon.

Peel, core and finely chop pears.

Spoon yogurt into four bowls and top with fruit and coconut mixture, or sprinkle directly onto each individual container of yogurt.

Makes 4 servings



Tara Donne

This yogurt recipe works for breakfast or as a snack.

Nailing it

Digits today sport neon colors and elaborate designs

Nails have become a major form of self-expression in beauty. From classic French manicures and gel finishes to elaborate designs and bold neons, nails can reflect your own unique style.

Whether you want a pop of color to match a new outfit or a subdued nude overlay, nail polish can help complete a well-crafted look. No matter your personal style, there are hundreds of shades to choose from.

Make moisturizing a habit

Before you break out the polish, be sure to give proper attention to your hands. Invest in a deeply hydrating formula of hand cream or body lotion and apply to hands throughout the day, every day.

Some key ingredients to look for include retinol, vitamin B and alpha-hydroxy acids, which work together to provide smooth, supple skin from the fingertips to the palms.

Maintain your manicure

The signs of healthy nails include a strong, smooth surface, free of dents and dings, with a consistent, uniform color throughout. Invest in quality nail care supplies to keep them looking their best.


A nail kit should include a fingernail clipper, cuticle stick, emery board buffer, nail filer, nail polish remover liquid, and cotton balls or cotton squares. Walgreens (walgreens.com) is among drugstores that stock a wide variety of nail products and polishes.

While the rate at which your nails grow can vary from person to person, filing about once a week is a good way to keep up with maintenance. For the best results, cut and file right after bathing when your nails are soft. Of course, filing is a good idea any time chips, breakage or rough edges appear.

Cuticle care

The cuticle located above the nail bed also requires proper moisture, so be sure to use a special cuticle formula or your favorite lotion to apply onto this area. If you have brittle nails, invest in a strengthening base coat before you begin to polish.

New at-home innovations

While many women go to their local salon for professional gel procedures, new at-home products provide the same look, feel and durability. Some manufacturers even offer gel products that don't require an LED light for application, which give flawless color and brilliant shine in just two steps. 

—FamilyFeatures.com



DIY budgeting

Tracking expenses on a spreadsheet gives you financial insight and control

By Allison Goldberg

Keeping a budget can help you gain control over your finances and achieve your financial goals. Luckily, making a budget requires only a few tools and some gathered information.



What you will need

To create your budget, first track your expenses for an entire month. You can use a check register, a small notebook, a list in your smartphone or a spreadsheet program, like Microsoft Excel. Or, use one of the many budgeting software or website options, some of which are available at low or no cost. You will also need your monthly net income.

Record your expenses

For an entire month, track every penny you spend by capturing four details for each expense: date, amount spent, where you spent and why. Try to enter your expenses daily.

At the end of the month, add all of your expenses to learn what you're spending and why. Then, according to your personal priorities, sort each expense into these categories, and add any subcategories that also apply:

Necessities – including housing, utilities, insurance, transportation and groceries

Priorities – including loan repayment, credit card payment, retirement savings, long-term savings or short-term savings for things like your child's education or replacing a car

Discretionary spending – including gym memberships, vacations, clothing, hobbies, entertainment, mobile phone or home improvements

Creating your budget

Now, you're ready to make your budget. Though there are many useful, ready-made budget spreadsheets online (search "budget spreadsheet"), it's easy to create a budget spreadsheet yourself. Use the basic information you've already collected.

Create three columns: one to label expenses by category, one to estimate total monthly expenses and one to enter actual total monthly expenses as you spend. It may help to keep your itemized expenses sorted by the necessity, priority and discretionary spending categories.

As you spend, enter each expense into the appropriate item line on the spreadsheet. You might want to include due dates of recurring bills in the cells to the right to help you plan.

If you incur an unexpected expense mid-month, add a line in the appropriate category and rebalance your estimates. However, it's best to budget an estimated amount for unexpected expenses every month.

If you overspend, subtract the amount you overspent from the next month's available funds. If the overage is big, you can spread it over a few months. This will ensure you don't incur long-term debt due to an unexpected expense or other cost in a given month.

Shortcuts and motivators

Here are two shortcuts for spreadsheet budgets:

- Copy and paste your budget from one month to the next to save time, then update as needed.
- Use the tab function at the lower left of the spreadsheet to keep a year's worth of budgets in the same file.

Each month, consider what you've learned about your needs and habits — and plan for upcoming expenses, like taxes and holiday trips. Try leaving yourself encouraging notes, like "Eating at home means a better vacation!" Seeing cheerful reminders can help you spend wisely. 🐷

Allison Goldberg writes and edits materials for the National Rural Electric Cooperative Association, based in Arlington, Va.

Hot hues for 2015

Forecasted colors for exterior doors include a strong bronze and a lush mauve



Nifty Turquoise.
Cranapple. Drizzling
Mist. These are just
some of the hot colors
that color expert Kate
Smith believes will be
popular on residential
door exteriors in 2015.

Bold and energetic

Smith, chief color maven and president of Sensational Color, a consulting company, reports that the five bold, energetic colors identified for 2015 and shown here heighten our senses. "These are expressive and playful colors, with a dash of bohemian and a pinch of sophistication," says Smith. "You'd easily find these exciting hues at a festival in Rio de Janeiro, a multi-cultural sporting event or in a piece of American folk art."

Bronze Tone – Bold but not overpowering, this deep shade of orange is a good choice to add energy to a neutral theme.

Frank Blue – When your front door calls to you for blue, this deeply saturated, forthright blue color responds beautifully.

Nifty Turquoise – This refreshing, tropical turquoise can complement natural materials and neutral colors on your home.

Tripoli Sand – Capture the glow of the beaches along the Mediterranean with this stylish shade that brings out the golden colorcast of stone or brick.

Cranapple – The deepest cranberry warmed up with gold is reminiscent of a luxurious carpet or velvety rose petals that add a touch of tradition to a home.

Soft and muted

Smith identifies five muted door colors for 2015 in a range of soft hues, also shown here, that invite us to step out of modern life's fast flow and live at our own pace in our homes.


Night Shade – A dark, mysterious navy that adds dignity and poise to an exterior door.

Wright Blue Mist – This soft blue with a touch of gray has a modern and fresh feeling that breathes freshness into an entry.

Drizzling Mist – This striking, modern purple borders on gray. This tone plays off the many subtle variations in stone, slate, brick or wood found on a home.

Amazon Soil – A deep, lush shade of mauve, this dramatically dark color gives a front door a velvety richness.

Thyme Green – A classic, rich green with a touch of brown that stays in style and pairs well with most exterior home colors and features.

Smith suggests selecting doors that can best show off colors, such as those found in Therma-Tru's collections. She says the company's smooth-finish doors feature clean lines and crisp angles, which are good for painting with expressive colors. For more information, visit thermatru.com or fypon.com. 

—Home Improvement News and Information Center

Free e-books on color

Free copies of Kate Smith's e-books, "Fresh Color Schemes for Your Home Exterior" and "Fresh Home Exterior Colors," as well as intriguing information about the emotional effects of color, can be found at sensationalcolor.com.



Benjamin Moore
2166-30 Bronze Tone



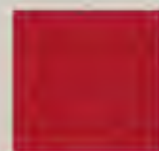
Sherwin-Williams
SW 6967 Frank Blue



Sherwin-Williams
SW 6941 Nifty Turquoise



Pratt & Lambert
Tripoli Sand 13-27



Behr
Cranapple 1300-7



Behr
740F-7 Night Shade



Pittsburgh Paints
Wright Blue Mist
FLLW892



Valspar 4006-1C
Drizzling Mist



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Amazon Soil 215-30



Pratt & Lambert
Thyme Green 16-19

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Remember...



A close call in South Vietnam

In 1967, I was Sgt. Eddie Hall in Company A, 27th Infantry Regiment, 25th Infantry Division, "The Wolfhounds."

My platoon did a reconnaissance mission at An Ha Canal in South Vietnam late on a dark and rainy night. While I lay on the bank of the canal, a constrictor crawled across my warm body. I could feel the thickness of the snake as it slithered across me. I had "My Lady" (M16) and was fully armed with ammo and grenades. My thoughts were, "What do I do now? Should I kill the long snake and risk friendly fire that could kill me?"

The choice was simple. I remained motionless. I didn't see the snake, but I surmised it was very, very long, because it seemed to take forever to cross my body. My heart rate and breathing slowed down. I heard a great thud as the snake finally crossed my body. Relieved, I began to breathe again and everything was back to normal. I let the snake slither away and we all lived, including the snake.

And then, three armed Viet Cong were sighted moving down the canal.

Eddie Hall, Riegelwood, Four County EMC

Mr. Wagner

Growing up on a Granville County farm with my mom, dad and brother, we raised most of our food with a big garden, one cow, two hogs and 50 chickens. On Saturdays my mom would make hot rolls and "pick" a chicken and soak it in salty water. Early Sunday morning, before we attended church, Mom fried the chicken and cooked vegetables for our lunch.

We enjoyed seeing our neighbors at Amis Chapel Baptist Church. Revival time was special. Dad would travel to Oxford to get the block of ice in a wooden bucket with a spigot. I can still taste the refreshing cup of ice water between services.

Real excitement occurred when REA (Piedmont Electric) put up poles and electric wires. Mr. Wagner, the man who wired our houses, boarded with us. He enjoyed our home-grown food, especially Mom's mashed potatoes and biscuits. When my four girlfriends spent the night, our bedroom was upstairs over Mr. Wagner's room. You can imagine how we laughed, giggled and talked. The next morning Mr. Wagner said, "By golly, I thought the ceiling was coming down on me!"

Mr. Wagner stayed with us long enough for Mom to save money for a GE refrigerator. No longer did we cool our milk in the spring. We had ice anytime. Thank you for our electricity!

Geraldine Compton, Oxford, Piedmont EMC



My brother and me on the farm.

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This is Biddy "Aunt Bid" Galloway (left) and my Momma, Ann W. night, taken on my grandparents' front porch.

Aunt Bid

My Momma was born in rural Rockingham County in 1934. My Grandpa was a tobacco farmer, and Aunt Bid's children helped him in the fields. My cousin found the picture last year in her deceased mother's things, and Momma was pleased to get it. Momma sent a copy of the picture to Aunt Bid's family, and they were glad to get it, too.

My mom's mother, Burla L. "Ma-Ma" Williams, told her that Aunt Bid was born a slave. Aunt Bid's grandson told me she died in 1956, and everybody said she was over 100 years old.

My parents and brothers can remember Aunt Bid, but she died before I was born. Momma said when she was a child Aunt Bid came by to see them several times a week. She would help my grandmother with the clothes washing. They would build a fire outside, get the water in a big pot boiling, put the clothes in and stir them with a long stick. Then they would transfer them to a washtub and scrub them on washboards. They would put "bluing" in the water with the whites, and Momma said they would smell so good!

My grandmother, Ma-Ma, always kept black and white, small-checked gingham cloth to make Aunt Bid's dresses. I can remember seeing the scraps of cloth in my youth. That's what Aunt Bid wanted, and she wore the dresses long, all the way to the ground. Momma says, "I loved her, we all loved her, and she and her family loved us, too."

Momma says she'll never forget watching Aunt Bid walking down the dirt road past her grandfather's house balancing a basket on her head.

Helping your neighbors just came naturally in the 1930s; everybody did it. Momma says, "We all helped each other regardless of class or color."

Paula McCollum, Elon, Piedmont EMC

A D V E R T I S E M E N T

Clogged, Backed—up Septic System...Can anything Restore It?

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each

other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?



Dear
Darryl

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

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SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago. I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at www.septicleanse.com or you can order or learn more by calling toll free at 1-888-899-8345. If you use the promo code "DARNC9", you can get a free shock treatment, added to your order, which normally costs \$169. So, make sure you use that code when you call or buy online.

Clogged and Smelly – High Point, NC

Touch-control faucets

New options are convenient and efficient for kitchen tasks



Most people think of a kitchen faucet as just a simple valve to turn water on or off. But the proper selection of a kitchen faucet has a significant impact on water and energy savings, not to mention convenience, health and kitchen decor.

Two primary factors affecting water and energy efficiency of a kitchen faucet are the maximum flow rate and the convenience of controlling the flow and temperature.

The Environmental Protection Agency (EPA) has a listing for plumbing products, similar in concept to EnergyStar for appliances, called WaterSense. To qualify for a WaterSense label, the faucet must be 20 percent more efficient than standard products in a category. The industry standard is 2.2 gpm (gallons per minute) maximum water flow rate. Look for the WaterSense label.

The most recent efficient feature for kitchen faucets is the touch-control feature. Without having to turn off the water via the handle, the water flow can be controlled with the wave or touch of a hand. By not having to adjust the handle each time, water is not wasted by readjusting the temperature.

This provides significant water and energy savings—particularly when rinsing during food preparation and when washing dishes by hand. For most people, using a standard faucet consumes more water and energy when washing dishes by hand than when running a properly loaded efficient dishwasher. With the touch-control feature, careful hand washing can be more efficient than the dishwasher.

Another advantage: the faucet handle is touched less often with dirty hands, so the attractive finish lasts longer. Also, with all the health concerns today about diseases from cross contamination of foods, touching the handle less is a real plus.

Two technologies available

Of the two no-hands technologies, I use the type that senses touch from your body (hand, forearm, elbow, etc.). It detects the slight electrical change from your touch to open or close a special valve. For example, I can hold several plates in each hand and just tap

Inset: Touch the faucet anywhere to turn water on and off without readjusting the flow rate.

Above: There is a proximity sensor under the faucet. One tap will turn water on and off.

anywhere on the faucet fixture with my elbow to start the water flow and stop it when they are rinsed.

The other technology has a proximity sensor on the top and in the front of the faucet neck. Waving a hand over the top sensor triggers the solenoid. This does require one free hand. The sensor on the front of the neck senses hands when they are in a typical hand-washing position.

Tall spouts with a pull-down sprayer are convenient. Depending upon your under-cabinet clearance, select the tallest one you can. You will appreciate the height when you have to rinse a large platter or fill a large pot.

The pull-down sprayer increases functionality. If you use this feature option often, select one with a pause button. This allows you to stop the flow temporarily when moving utensils or rinsing various foods without having to wave over or touch the fixture. **1**

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

Resources

These companies offer efficient kitchen faucets:

American Standard (800) 442-1902 americanstandard-us.com	Kohler (800) 456-4537 kohler.com
Delta Faucet (800) 345-3358 deltafaucet.com	Moen (800) 289-6636 moen.com
	Pfister (800) 732-8238 pfisterfaucets.com



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Thought**
Broccoli
makes
me colic-y,
and I seldom
finach
spinach.

SQUARE DEAL

5 6 7 8 9

Using these five digits
only, can you fill in the
blanks below to make
an equation?

__ X __ = __

UNSCRAMBLIT

The pundit says,

"Old skiers just

_____."

Use the capital letters in the code key below
to fill in the blanks above.

D H I N G L O W means
s c r a m b l e



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ONE (9)

ORANGE (23)

NINE (10)

GRAVEL (25)

GAIN (13)

CARVE (25)

LOVE (17)

In a Word

In eastern North Carolina a
burlap bag is called a tow
sack or tow bag. Perhaps
because such a container,
filled with tobacco or some
such, is so heavy it has to be
dragged rather than carried.

Miss Fitts



C	R	I	S	S
R				
O				
S				
S				

Each of the words below can
be fitted into the grid above.
But keep an eraser handy.
One mistake will lead to another.

FISH	FOWL	FAST	SLOW	HARD
SIT	DOWN	STAND	UP	SOFT
ON	OFF	RUN	WALK	

For answers, please see page 33

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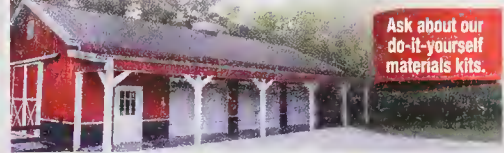
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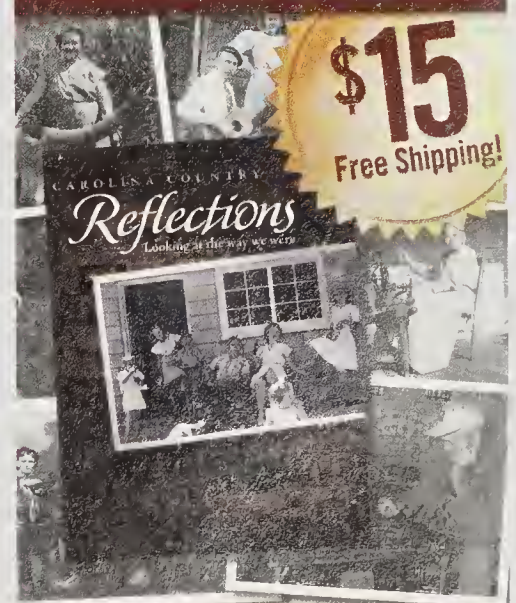


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blueridgeagility.com

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fayettevillesymphony.org

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uncfsu.edu

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museumofthecapefear.ncdcr.gov

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Discusses naturalist John Lawson
Jan. 31, Charlotte
(704) 568-1774
charlottemuseum.org

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Third Thursdays, Durham
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Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)

Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Fourth Friday

Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Listing Deadlines:
For March: Jan. 25
For April: Feb. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.
Or e-mail events@carolinacountry.com.

Music Barn

Saturday nights, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Lafayette Exhibit

Through Jan 3, 2015, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

A Victorian Christmas

Through Jan. 5, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Art Exhibits: Narrative Influence

Through Jan. 15, Lumberton
(910) 738-4339
carolinaciviccenter.com

Stagville: Black & White Photos

Through Jan. 2015, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Resolutions 2015

Art show
Jan. 5–25, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Winter's Tale — Shakespeare

Jan. 9–25, Fayetteville
(910) 672-1571
sweetteashakespeare.com

Particulates Of Light

Artwork Of Jim Hurst
Jan. 15–Feb. 26, Lumberton
(910) 738-4339
carolinaciviccenter.com

Arts 2015 Winter Exhibition

Jan. 20–Feb. 26, Mooresville
(704) 663-6661

The Three Musketeers

Swashbuckling romp
Jan. 22–Feb. 8, Fayetteville
(910) 323-4234
cftrt.org

Always A Bridesmaid

Comedy about four friends
Jan. 22–31, Rockingham
(910) 997-3765
richmondcommunitytheatre.org

Words & Pictures:

Illustrated Works by Kadir Nelson
Jan. 23–Feb. 28, Fayetteville
(910) 323-1776
theartscouncil.com

Black History Month Exhibit

Jan. 23–Feb. 23, Fayetteville
(910) 433-2986
capefearstudios.com

Art All Around

Jan. 26 through Feb. 22, Hillsborough
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hillsboroughgallery.com

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ncgunshows.com

Oance 2015

Jan. 29–31, Greenville
(800) 328-2787
ecu.edu

Down East Sportman's Expo

Jan. 30–31, Greenville
(252) 321-7671
downeastexpos.com

Snow Up The Park

Winter wonderland, sledding
Jan. 31, Swansboro
(910) 326-2600
swansboro.recdesk.com

ONGOING**Art Walk**

First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk

First Friday, Greenville
(252) 561-8400
www.uptowngreenville.com

Sty Of The Blind Pig

Family drama set in 1950s
Jan. 30 through Feb. 1, Ayden
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aydentheatre.com



CAROLINA COUNTRY scenes

Photo of the month

Glade Valley

Over the hills and through the woods to Grandmother's house we go. My 8-year-old grandson Austin, who lives in Florida, told Santa that he would give up all his Christmas toys just to be able to see snow at Grandma's house. This is from the top of the hill on Scenic Valley Road in Glade Valley, Alleghany County.

*Cindi L. Ward, Glade Valley
Blue Ridge Electric*

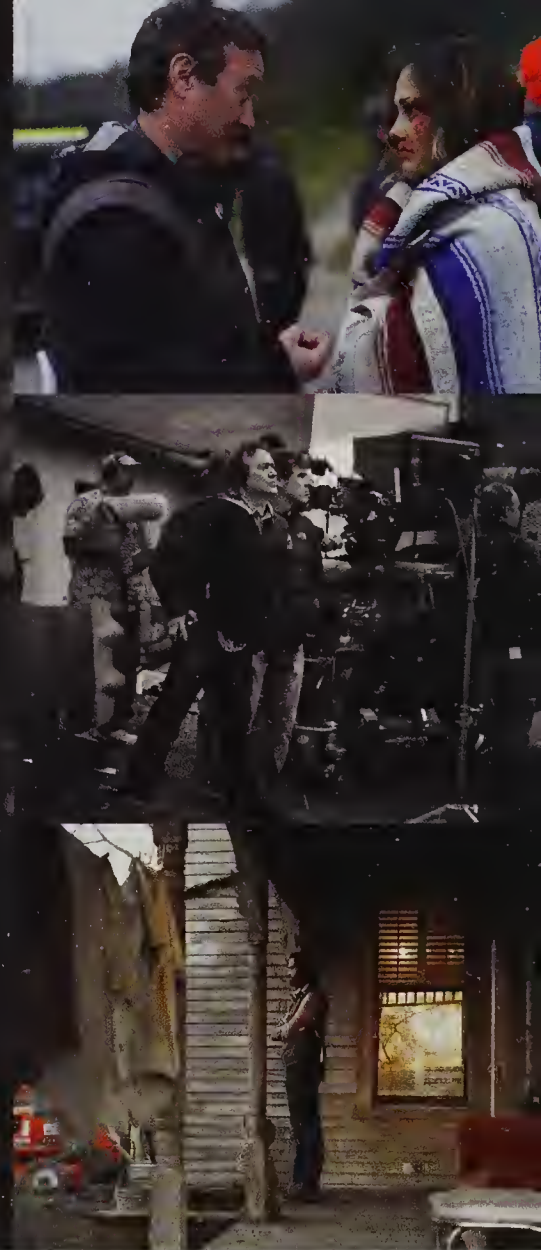
The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website carolinacountry.com.



THE WORLD MADE STRAIGHT

A movie thriller made in western North Carolina premieres this month

Photos by Missy McLamb



A new film to be released this month, “The World Made Straight,” is a coming-of-age thriller set in 1970s Appalachia. The film examines the powerful role that a Civil War massacre had in dividing a rural community, and was filmed in western North Carolina.

Directed by Raleigh native and Emmy-nominated producer David Burris, the film stars actor Jeremy Irvine (“War Horse”), and also features Minka Kelly (“Charlie’s Angels”), Noah Wyle (“ER”), Haley Joel Osment (“Pay It Forward”), and Adelaide Clemens (“The Great Gatsby,” 2013). Bluegrass-folk musician-actor Steve Earle contributed to the soundtrack and appears on screen.

The film is based on the prize-winning novel by Western Carolina University professor Ron Rash. It follows the life of a troubled high school dropout named Travis who, after stealing some marijuana plants, has a savage run-in with the crop owner. After moving in with a wrongly disgraced teacher, their fates become ensnared as their community’s terrible past and corrupt present lead to a violent

reckoning. The movie has an R rating.

Shooting locations were in the counties of Madison, Haywood, Buncombe and Henderson. Viewers will enjoy beautiful shots of the Blue Ridge Mountains and Pisgah National Forest, and may recognize scenery in the towns of Marshall, Weaverville, Leicester, Fletcher and Black Mountain. Secondary filming areas were Mars Hill, Arden, Candler, Swannanoa, Mills River and Hendersonville.

Until shooting “The World Made Straight,” David Burris served as executive producer on the reality TV series “Survivor.” He earned his bachelor’s degree at UNC-Chapel Hill and a master’s degree from Wake Forest University. A longtime fan of Rash’s acclaimed literature, Burris felt a deep connection to the characters in “The World Made Straight.” The book is about people born into a harsh world who must wrestle with hard choices, said Burris. “I know these people ... I know what is in the cupboards of their kitchens and under the seats of their pick-up trucks.”

Rash was equally pleased with Burris’ decision to option his novel

and create the film. “One thing that really impressed me is how perfect the actors got the western North Carolina accent and almost invariably actors get it wrong every time,” Rash said. “That’s the kind of care that David brings to the movie as a native, going so far as to even bring in the right kind of hound dog.”

Burris and his lifelong friend, producer Michael Wrenn, resolved to make their North Carolina film back in 2009. Wrenn and feature film producer Todd J. Labarowski (both of whom have strong North Carolina ties) produced the movie.

The film is set to open in select theaters and to be available on Video On Demand (VOD) starting Friday, Jan. 9. The DVD comes out Feb. 17.

Editor’s note: At press time, the premiere locations in North Carolina were not yet known. For updates, visit www.facebook.com/WorldMadeStraight.

—Karen Olson House

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60-64	\$28.00	\$21.50	\$38.80	\$29.70	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$33.50	\$26.00	\$46.50	\$36.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$45.00	\$35.00	\$62.60	\$48.60	\$89.00	\$69.00	\$221.00	\$171.00
75-79	\$61.00	\$49.50	\$85.00	\$68.90	\$121.00	\$98.00	\$301.00	\$243.50
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Keeping rooms warm

Before running an electric space heater, make sure your heating system is in good working order

Q: I have a baby on the way and am concerned about her room staying adequately warm. Even with our HVAC system thermostat set to 70 degrees, her bedroom is often 60 degrees on cold days. I used an electric space heater when our first child was born and was shocked to see a much higher electric bill. What should I do to not break the bank and keep the baby's room warm?

A: It is exasperating to have a central heating system that doesn't properly heat your home. Not only babies, but also people with health challenges and the elderly are supremely uncomfortable in cold conditions. Operating an electric space heater is an expensive Band-Aid and decent short-term solution. However, a better tactic is to improve your central heating system. Below are some often overlooked low-cost improvements.

Central heating maintenance

A clogged air filter can wreak havoc on an HVAC system's ability to adequately heat a home. Inspect the filter monthly and change it when dirty—at least every one to three months. If you have a heat pump, keep plants at least 12 inches away from the outside compressor box.

Balancing air flow

When a forced-air heating system is running, air return vents pull a lot of air. For example, in a three-bedroom home with 12 air supply vents that blow an average rate of 100 cubic feet per minute, the home's one air return vent will pull nearly 1,200 cubic feet per minute. When air supply vents are blocked by furniture, drapes or even closed bedroom doors, the air return will still pull the same volume of air but it will come from unsavory places like the frigid outside, attic or crawlspace. This will make for wickedly cold drafts and an overburdened central heating system. Some homes have air returns or pressure balancing grills in each bedroom. Homes that do not should keep interior doors open when possible.

Another factor is an unbalanced system. Some homes have excessive air delivered to bathrooms and



Electric space heaters are expensive to run and must be operated safely.

closets. An HVAC repair technician can adjust the dampers at the air handler to scale back the amount of air supplied to tiny rooms and shift that air to other rooms. Closing the supply grills yourself inside a room is not recommended.

Duct sealing

Duct leakage often accounts for 5 to 30 percent of heated air lost in a typical duct system. Having ductwork properly sealed with bucket mastic by an HVAC or home energy contractor is often the number one way to lower your electric bills and increase your home's comfort. Consider installing new ducts or duct insulation if ductwork is not insulated and located in a vented crawlspace or attic.

Portable electric heater

In some ways, it seems easier to use an electric space heater for a few days while you get accustomed to dressing your baby in a chilly nursery. Yet,

depending on a variety of factors, the cost to run a 1,500-watt heater is often \$2 to \$4 per day. Extreme caution should be taken when any portable space heater is being used since burns and fires are possible. The U.S. Consumer Product Safety Commission estimates that about 600 residential fires each year are associated with the use of portable electric heaters. Remember that the heater should never be running while unattended or when you are asleep. Look at cpsc.gov or call (800) 638-2772 for thorough safety precautions.

It is overwhelming to ponder major heating system improvements with a baby on the way, but making plans to improve the overall heating system will help ensure you and your family will be more comfortable in all areas of your home now and into the future. ☺

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh. advancedenergy.org

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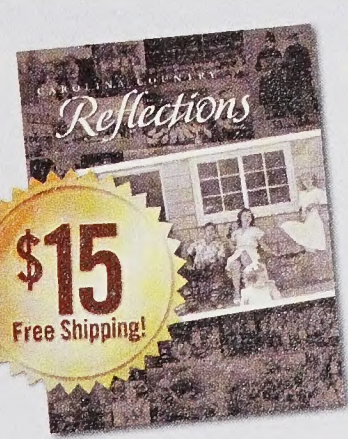
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Elegant Pork Marsala

- 1/3 cup whole wheat flour
- 1/2 teaspoon pepper
- 6 boneless pork loin chops (4 ounces each)
- 1 tablespoons olive oil
- 2 cups sliced fresh mushrooms
- 1/3 cup chopped onion
- 2 turkey bacon strips, chopped
- 1/4 teaspoon minced garlic
- 1 cup Marsala wine (or reduced-sodium chicken broth)
- 5 tablespoons cornstarch
- 2/3 cup reduced-sodium chicken broth

In a shallow bowl, mix flour and pepper. Dip chops in flour mixture to coat both sides; shake off excess.

In a large nonstick skillet coated with cooking spray, heat oil over medium heat. Add pork chops; cook 4–5 minutes on each side or until a thermometer reads 145 degrees. Remove from pan; keep warm.

In same skillet, add mushrooms, onion and turkey bacon to drippings; cook and stir 2–3 minutes or until mushrooms are tender. Add garlic; cook for 1 minute.

Add wine; increase heat to medium-high. Cook, stirring to loosen browned bits from pan.

In a small bowl, mix cornstarch and broth until smooth; add to pan. Bring to a boil; cook and stir 2 minutes or until slightly thickened. Serve with pork chops.

Yield: 6 servings



Saltine Cracker Candy With Toasted Pecans

- 35 saltines
- 1 cup butter, cubed
- 1 cup packed brown sugar
- 2 cups (12 ounces) semisweet chocolate chips
- 1 cup chopped pecans, toasted

Preheat oven to 350 degrees. Line a 15-by-10-by-1-inch baking pan with foil; grease foil. Arrange saltines in a single layer on foil.

In a large heavy saucepan, melt butter over medium heat. Stir in brown sugar. Bring to a boil; cook and stir 3–4 minutes or until sugar has dissolved. Spread mixture evenly over saltine crackers.

Bake 8–10 minutes or until bubbly. Immediately sprinkle with chocolate chips. Allow chips to soften for a few minutes, then spread over top. Sprinkle with pecans. Cool slightly.

Refrigerate, uncovered, 1 hour or until set. Break into pieces. Store in an airtight container.



Warm Tasty Greens With Garlic

- 1 pound kale, trimmed and torn (about 20 cups)
- 2 tablespoons olive oil
- 1/4 cup chopped oil-packed sun-dried tomatoes
- 5 garlic cloves, minced
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt

In a 6-quart stockpot, bring 1 inch of water to a boil. Add kale; cook covered, 10–15 minutes or until tender. Remove with a slotted spoon; discard cooking liquid.

In same pot, heat oil over medium heat. Add tomatoes and garlic; cook and stir 1 minute. Add kale, parsley and salt; heat through, stirring occasionally.

Yield: 4 servings

Find more than 500 recipes at carolinacountry.com
Recipes here are by Taste of Home magazine, unless otherwise indicated. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at tasteofhome.com

From Your Kitchen

Audrey McCrory's Apple Pie

- 6–8 Granny Smith apples, pared, cored and thinly sliced (6 cups)
- 1 cup sugar
- 2 tablespoons all-purpose flour
- Lots of cinnamon — 2 tablespoons or to your taste
- Dash of ground nutmeg
- 2 tablespoons butter

Prepare apples and sprinkle with lemon or orange juice to keep from turning brown. Drain off juice before putting apples in crust. Combine sugar, flour, spices, and dash of salt; mix with apples.

Line 9-inch pie plate with crust (see below). Fill crust with drained apple mixture; dot with butter.

Adjust top crust over apples (roll crust over rolling pin and unroll over apples), seal edges, cut slits to allow for escape of steam. Sprinkle with sugar.

Bake at 400 degrees for 50 minutes or until done.

Crust

- 2 cups sifted all-purpose flour
- 1 teaspoon salt
- 2/3 cup shortening
- 5–7 tablespoons cold water

Sift flour and salt together; cut in shortening with pastry blender or 2 knives until pieces are the size of small peas. Sprinkle 1 tablespoon of water over part of mixture. Gently toss with fork, push to side of bowl. Repeat until all is moistened. Form into a ball. Flatten on lightly floured surface by pressing with edge of hand 3 times across in both directions. Roll from center to edge until 1/8 thick.



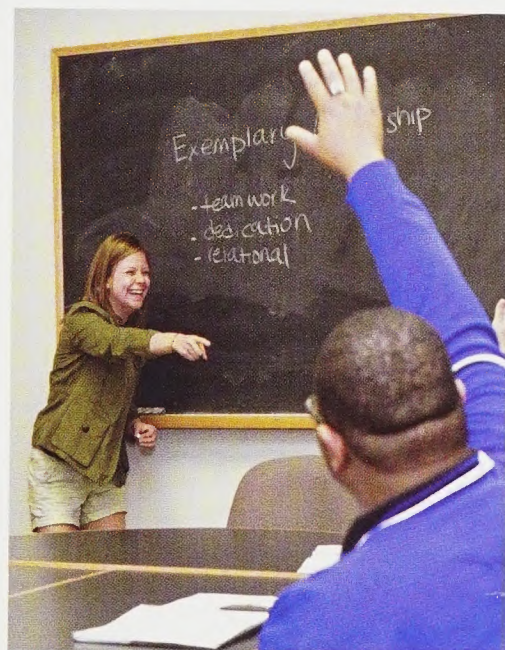
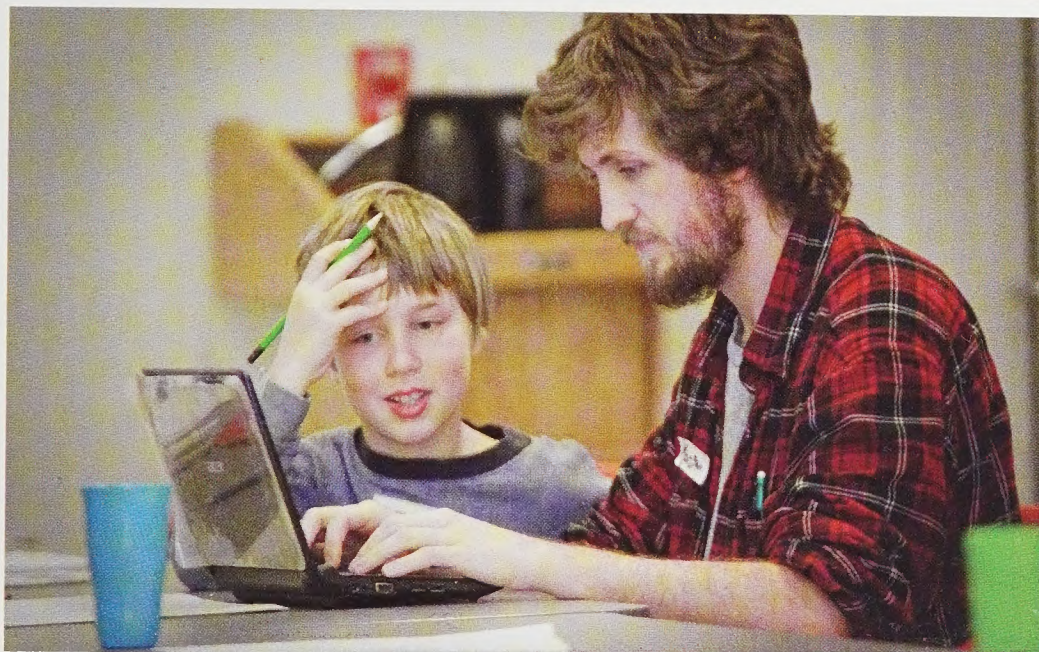
Audrey McCrory and her son Pat, now our Gov. Pat McCrory.

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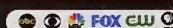
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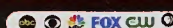
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FREE PREMIUM CHANNELS Over 40 Channels
for 3 months!

HBO CINEMAX starz

Offer subject to change based on premium channel availability.

Look At These Great Offers!

America's Top 200

Over 240 Favorite Channels - Everyday Price \$49.99/mo.

Save \$30/mo for 12 months

Includes all America's Top 120 channels
plus channels listed below.

Animal Planet	Esquire Network	Hallmark Channel	NFL Network	Regional Sports Networks 1	Turner Classic Movies
ABC America	Fox Business Network	Investigation Discovery	NHL Network	RFD-TV	Unimas
BET	FOX Sports 1	Lifetime Movie Network	Nick Jr.	Science	Univision E
Big Ten Network 1	FX	MLB Network	Ovation	Sundance TV	Univision W
Bravo	Galavisión	National Geographic Channel	DWN Oprah Winfrey Network	TeenNick	Univision Deportes Network
Disney Junior	Golf Channel	NBA TV	Oxygen	The Hub Network	UP
Disney XD	GSN	NBC Sports Network	Pac 12 Networks 2	TruTV	WGN America

\$39⁹⁹
mo
FOR 12
MONTHS

America's Top 250

Over 290 Favorite Channels - Everyday Price \$59.99/mo.

Save \$35/mo for 12 months

Includes all America's Top 200 channels
plus channels listed below.

American Heroes Channel	Destination America	Encore Classic	FXM	Nicktoons Network	VH1 Classic
beIN SPORTS	DISH Music - over 18 Music Channels	Encore Family	Great American Country	Outdoor Channel	Z Living
Bloomberg Television	DIY	Encore Suspense	Hallmark Movie Channel	Rural TV	
Boomerang	Encore W	Encore Westerns	MoviePix	Sportsman Channel	
Chiller	Encore Action	EPX DRIVE-IN	mun2	Tennis Channel	
Cooking Channel	Encore Black	FOX Sports 2	Nat Geo WILD	The Movie Channel W	

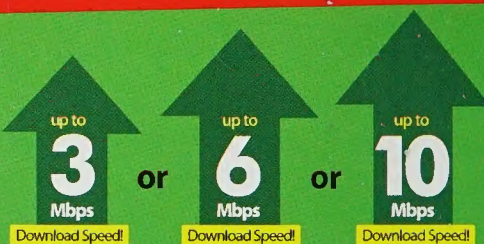
plus many more!

\$44⁹⁹
mo
FOR 12
MONTHS

All offers require 24-month commitment and credit qualification. Monthly fees apply based on number of rooms.
1=Available in: Ohio, Michigan, Iowa, Wisconsin, Minnesota, Illinois, Nebraska and sections of Pennsylvania and Indiana. 2=Available in: sections of California, Oregon, Utah, Colorado, Arizona and Washington. 3= Regional Sports Networks are available based on your geographical location.

enjoy **HIGH-SPEED
INTERNET**
No Matter Where You Live!
No TV Service Required!

Choose Your
Download
Speed!
Fast!
Faster!
Fastest!



starting at
\$19⁹⁹
mo
Get Online
Call Today!

Internet regular monthly rate and promotional rates for High Speed Internet product varies by providers available at each individual address. \$19.99 rate is most widely available product. Call for providers available.

1-866-549-5434

Mon - Fri: 7am - 11pm cst Sat: 8am - 10pm cst Sun: 9am - 8pm cst

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dish
AUTHORIZED RETAILER

FlexTV Offer Important Terms and Conditions: Activation fee: FlexTV plan requires \$199 activation fee and receiver purchase. Customers subscribing to DishLATINO or qualifying International programming package receive instant \$150 credit on activation fee. Installation/Equipment Requirements: Monthly fees and limits on number and type of receivers will apply. All charges, including monthly programming, pay-per-view and equipment upgrades, must be paid in advance; failure to pay by due date will lead to service disconnection within 24 hours.

Important Terms and Conditions: Promotional Offers (not eligible for FlexTV Offer): Requires activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. ETF: If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies. Activation fee may apply. Additional Requirements: Hopper: Monthly fees: DVR service, \$12; Joey, \$7, Super Joey, \$10. Requires Super Joey to record 8 shows at once. Recording hours vary; 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 6/13/14. Premium Channels: premium offer value is \$135; after 3 months then-current everyday monthly prices apply and are subject to change. Blockbuster @Home requires Internet to stream content. HD-only channels not available with select packages. Installation/Equipment Requirements: Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. Free Standard Professional Installation only.

Miscellaneous: Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions and taxes may apply. **Offers end 1/16/15.** lockbuster @Home requires Internet connection to stream content. HD-only channels not available with select packages. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. STARZ and related channels and service marks are property of Starz Entertainment, LLC